



# RIPPED

## GROUP TRAINING FOR MEN

**TUESDAYS & THURSDAYS 5:30-6:30PM**

Our goal with this program is to provide the expertise of a Personal Trainer in a group setting that will give you the motivation you need to succeed, at a price point that is affordable enough for twice-weekly sessions!

**HANDS ON COACHING FROM A CERTIFIED PERSONAL TRAINER**

**TOTAL BODY WORKOUTS DESIGNED TO LOSE FAT**

**SUSTAINABLE STRENGTH GAINS AND MUSCLE TONING**

**IMPROVED HEART HEALTH AND CARDIOVASCULAR ENDURANCE**

**NUTRITION GUIDANCE AND COACHING**

You do not have to accept that your body is not where you want it to be! This Training Program is specifically designed for men that are wanting to change their body composition while still enjoying life!

### Pricing:

Members:

\$99/month or \$15/drop-in

Non-Members:

\$179/month or \$25/drop-in



### Meet Your Coach

Noe Medrano is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM). His specialties include rapid body composition change using simple, sustainable workouts and dietary guidance. He is excited to be the newest member of the JNCC Fitness Team!

Sign up online at [www.NewksCC.com](http://www.NewksCC.com)

For more information, please contact Paige Miller at 830-625-2005 or [p.miller@cliffdrysdale.com](mailto:p.miller@cliffdrysdale.com)

*Due to the current COVID-19 pandemic, please be aware that all information is subject to change due to constantly evolving CDC, national, state and local guidelines.*